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1: [Complement Ther Nurs Midwifery](#). 2001 Feb;7(1):4-7.

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FULL-TEXT ARTICLE

Working with survivors of torture in Sarajevo with Reiki.

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While working as a nurse/therapist in Sarajevo, I had the opportunity to work in an experimental situation at a center for torture survivors. This was to see if the use of Reiki would have a beneficial effect on this type of patient. It involved a rethink on traditional Reiki hand positions, music, and the general set-up of the room being used. It was a challenge, and one I was delighted to have had. The people I worked with were wonderful, and the changes in them over the period were so positive. The staff at the Center were delighted; I was delighted; but so much more importantly, the patients were delighted. The ground has now been broken and hopefully will be considered in a positive light for other traumatized patients.

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